

## HERBED SPINACH QUICHE PORTABELLA CAPS

Here's a savory, healthful, time-saving twist to breakfast quiche. Use portabella mushroom caps instead of high-fat pie pastry to make individual quiches.

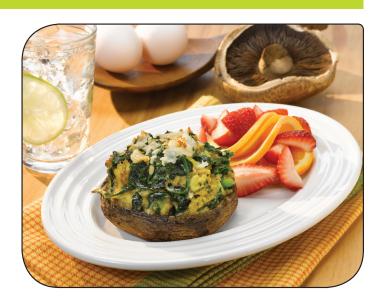
Preparation time: 45 minutes

Serves: 4

#### **INGREDIENTS:**

- 4 portabella mushrooms, 3-inch
  1 tsp low-sodium garlic & herb diameter
- Cooking spray
- 3 large eggs
- Egg whites from 6 eggs
- ½ cup whole-wheat grated bread crumbs
- ¼ cup nonfat milk

- blend
- 1 cup cooked and drained. chopped, frozen spinach
- 1/4 cup reduced-fat Parmesan cheese, divided



#### **DIRECTIONS:**

- 1. Place oven rack in center of oven; preheat oven to 375 °F.
- 2. Remove portabella stems; wipe clean with damp paper towel.
- 3. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet.
- 4. In a mixing bowl, whisk together all remaining ingredients, except 1 tbsp Parmesan cheese.
- 5. Coat 10-inch non-stick pan with cooking spray and heat over medium
- 6. Cook and scramble egg mixture until it just starts to thicken. Remove from heat.
- 7. Using a large spoon, scoop partially cooked, hot egg mixture into portabella caps.
- 8. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes.
- 9. Serve immediately.

# **Food Group Amounts** ¼ cup 1¼ cup 2 oz

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Serving Size (2 Servings Per C			
Servings Per C	ontain	er	
Amount Per Servin	g		
Calories 190	Cal	ories fror	n Fat 60
		% D	aily Value
Total Fat 6g			9%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 145mg			48%
Sodium 330mg			14%
Total Carbohy	drate	14g	5%
Dietary Fiber 4g			16%
Sugars 4g			
Protein 17g			
Vitamin A 120%	6 • '	Vitamin (	C 2%
Calcium 20%	•	Iron 15%	,
*Percent Daily Value diet. Your daily value depending on your of Ca	es may b	e higher or	
Total Fat Le Saturated Fat Le Cholesterol Le	ss than	65g 20g	80g 25g 300mg

### **Serving Suggestions:**

Serve with 3/4 cup strawberries and orange slices (or other fresh, frozen, or canned fruit), water with lime or lemon slice/wedge.

Recipe Submitted by Produce For Better Health Foundation



